

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

clinical trial comparison effect of rosemary and placebo on decreasing pain of acute low back patients

Protocol summary

Summary

This research is a clinical trial that will be done in order to analyze the analogous analgesic effects of rosemary ointment and placebo in patients with acute low back pain who will be hospitalized before surgery. Participants of the study will be whole patients with acute low back pain who come to the hospital. Sampling method includes patients who are not allergic to rosemary ointment and do not have any skin deficiency on their waist as well, twenty- four hours before the surgery. They also should be males and willing in order to participate in the study. The patients will be chosen randomly along with single blind method and then they will included in one of the experimental(48 people) and control(48) groups by chance respectively. In order to decrease the intervention factors the patients will be chosen homogeneously so that they will benefit all the cures evenly. At first the rate of the pain of the patients who are included in the experimental group will be measured by VAS and then they will be recorded. Next the rosemary ointment for the patients of this group is rubbed on their waist in the size of twenty centimeters to twenty centimeters with the thickness of one tenth in centimeter in a circular smooth massage for five minutes from center towards outside locally and then the rate of their pain will be measured and recorded every thirty minutes again for sixth times in total. In the control group the pain of the patients will be measured and recorded Simultaneously before intervention, then Vaseline (the placebo) is rubbed on their waist in the size of twenty centimeters to twenty centimeters with the thickness of one tenth in centimeter in a circular smooth massage for five minutes from center towards outside locally and then the rate of their pain will be measured and recorded every thirty minutes again for sixth times in total. At last, the rate of pain will be compared in two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017060434328N1**

Registration date: **2017-09-14, 1396/06/23**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-09-14, 1396/06/23

Registrant information

Name

Ruhollah Mahdiun

Name of organization / entity

Hamedan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 0320

Email address

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Recruitment status

Recruitment complete

Funding source

Researcher

Expected recruitment start date

2017-08-28, 1396/06/06

Expected recruitment end date

2017-09-28, 1396/07/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

clinical trial comparison effect of rosemary and placebo on decreasing pain of acute low back patients

Public title

The effect of Rosemary in decreasing of pain in patients with backache

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: patients who have acute backache and do not have any information about the effects of rosemary; become fully conscious and be able to analyze pain based on Visual Analog Scale(VAS) and do not have any skin deficiency in pain place as well; patients who are males. Exclusion criteria: patients who experience consciousness reduction during the research; disinclination of chosen patient about cooperation with the researcher; patient's allergy to rosemary ointment.

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 96

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Hamedan University of Medical Sciences

Street address

Hamedan University of Medical Sciences, across from Mellat park, after Pajohesh sq.

City

Hamedan

Postal code

6565165131

Approval date

2017-05-02, 1396/02/12

Ethics committee reference number

IR.UMSHA.REC.1396.85

Health conditions studied**1****Description of health condition studied**

Back ache

ICD-10 code

M54.5 Low

ICD-10 code description

Acute low back pain diseases

Primary outcomes**1****Description**

Low back pain patients

Timepoint

Before the intervention and after the intervention for 6 times at an interval of every half an hour

Method of measurement

Visual Analogue Scale

Secondary outcomes

empty

Intervention groups**1****Description**

Sampling method includes patients who are not allergic to rosemary ointment and do not have any skin deficiency on their waist as well, twenty- four hours before the surgery.They also should be males and willing in order to participate in the study. The patients will be chosen randomly along with single blind method and then they will included in the experimental group by chance respectively. In order to decrease the intervention factors the patients will be chosen homogeneously so that they will benefit all the cures evenly.At first the pain of the patients in the experimental group will be measured and recorded by VAS, then the rosemary ointment for the patients of this group is rubbed on their waist in the size of twenty centimeters to twenty centimeters with the thickness of one tenth in centimeter in a circular smooth massage for five minutes from center towards outside locally and then the rate of their pain will be measured and recorded every thirty minutes again for sixth times in total.

Category

Treatment - Drugs

2**Description**

In the control group first the pain of the patients will be measured and recorded by VAS Simultaneously, then (Vaseline) the placebo is rubbed on their waist in the size

of twenty centimeters to twenty centimeters with the thickness of one tenth in centimeter in a circular smooth massage for five minutes from center towards outside locally and then the rate of their pain will be measured and recorded every thirty minutes again for sixth times in total.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Besat technical and super technical training, treatment hospital

Full name of responsible person

Ruhollah Mahdiun

Street address

Hamedan Besat hospital, Mazdaghineh road, Motahhari Blvd, Resalat sq. Hamedan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Ruhollah Mahdiun

Street address

Mobasher Kashani dormitory, Mahdijeh ST., Hamedan

City

Hamedan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Hamedan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Ruhollah Mahdiun

Position

Nursing Graduate Student

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty